

Tabata Workout:



Wie funktioniert's?

Set 1:
20sek Übung 1
10 sek Pause
20sek Übung 2
10sek Pause
→ 4x Set 1

1min Pause
→ Set 2 (wie oben)
1min Pause
→ Set 3 (wie oben)
= 15min High Intensity Workout

Set 1:



Burpees



Side Lunge & Touchdown



Set 3:



Jump Squats



Ups and Downs

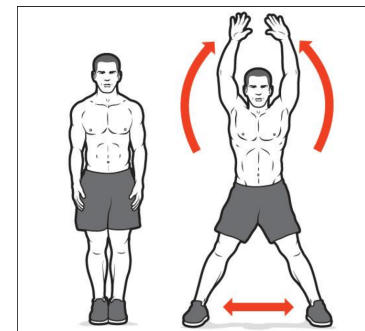


Set 2:



Push Up to Side Planks

Jumping Jacks



Apps:



Seconds-Intervalltimer

